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RED SWEET SPRINGS,

WITH THE

ANALYSES OF THEIR WATERS

AND

Some Account of their Medicinal Properties and Applicabilities.

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1875.

SWEET CHALYBEATE

OR

RED SWEET SPRINGS.

These Springs, now so well known to the Springs'-going public, are in the midst of the "Springs Region" of Virginia, in the county of Alleghany, sixteen miles Southeast from the *Greenbrier White Sulphur*, and one mile from the Sweet Springs.

They are *nine* miles from the ALLEGHANY STATION on the *Chesapeake and Ohio railroad*, with which they are connected by a good turnpike road, over which comfortable stage coaches run regularly during the Springs season, in connection with the cars.

They may be conveniently reached from every great section of the country by the Chesapeake and Ohio railroad.

Visitors desiring to reach them by *rail* should leave the cars at *Alleghany Station*, where they will always find coaches in waiting to convey them to the Springs.

☞ Travelers from the North, East, South and West, can have their baggage checked and get *Through* or *Excursion* tickets to the Springs.

These Springs, from their general resemblance to the Sweet Springs, in their immediate vicinity, and from the abundance of a red ferruginous matter deposited by their waters, were known in their early history as the "*Red Sweet Springs.*" But as the prefix "Red" conveys no distinct idea of medicinal quality, it was thought advisable to change their name to that of SWEET CHALYBEATE, thus better enabling the distant public, and strangers in our mountains, to distinguish between them and their near neighbor, the Sweet Springs, whose waters resemble those of the Sweet Chalybeate in many respects, but essentially differ in others,—and especially in regard to the amount of *iron* contained in each. Besides, from the larger and controlling quantity of *iron* contained in these waters, to call them Sweet Chalybeate is in conformity to a correct Springs nomenclature, while it instantly conveys to the mind a correct idea of their medical quality.

These Springs have enjoyed a large appreciation and public patronage under various proprietorships for the last 45 years. They are now under the management and control of B. T. Wilkinson, who will devote his energy to make their accommodations all that a discriminating public can desire.

SPRINGS.

There are here two medicinal Springs, which are thus described by Dr. Moorman in his work on the "Mineral Springs of the United States and Canada:"

"One, a few paces below the hotel, essentially the same both in quality and temperature with the Sweet Springs—indeed it may be regarded as essentially the same water; the other, some forty rods above the hotel, is in many respects like it, but containing a much larger quantity of *iron*, which, being abundantly deposited in the form of a red precipitate, has given it the name of *Red Spring*.

"The water of the Red (or *Sweet Chalybeate*) Spring, which is the *characteristic water of the place*, and most relied upon both for drinking and bathing, issues from beneath heavy and irregular limestone arches, just at the head of a narrow cove formed by the projecting hill on one side, and on the other by large masses of porous stones, probably deposited there from the Sweet Springs waters which once flowed in this direction. There are here three fountains, all separated by naturally formed stone partitions, but all running into one common sluice. The upper and boldest of these fountains is almost two degrees colder than the two lower ones, and evidently contains less of ferruginous matter. The water issuing from all of these is *eight hundred gallons in a minute.*"*

BATHS.

Bathing is a leading and important feature at these Springs, and the arrangements for its pleasurable and efficacious employment are convenient and ample for all demands.

Among other modern improvements of the place is a new and conveniently arranged *Bathing Establishment*, for receiving HOT and WARM baths. These baths are supplied by the mineral waters of the Spring, and by means of *Steam* are heated in *zinc* troughs to any degree of temperature the bather may desire. With the *Hot* and *Warm* baths are also connected facilities for taking *Shower* baths.

This arrangement for taking baths of *high temperature*, while it is a recent feature in the economy of the establishment, will be found exceedingly beneficial to many invalids who resort here for relief.

But the great charms of the place—and that which gives it transcendant advantages in medicinal and hygienic points of view—are its *Enclosed Pools* for *Plunge Bathing*. Than these, nothing in the way of baths can be more pleasant, invigorating and health-bestowing. These delightful *Reservoirs* of the sparkling waters, fresh as they flow from the Spring, afford in perfection the true luxury of bathing—they are a distinctive feature of the establishment—and it is confidently believed that they, in connection with the artificially heated waters before alluded to, constitute the most extensive as well as the most delightful and beneficial Bathing Establishment anywhere to be found.

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* See also Dr. Moorman's more recent work on the "*Mineral Springs of North America.*"

ANALYSES.

The waters of the Sweet Chalybeate Spring have deen twice analyzed; first by Rowelle, and then by Professor Wm. B. Rogers.

According to Rowelle, one gallon of the water contains:*

Carbonate of lime	16 grains.
Carbonate of magnesia	12 "
Carbonate of iron	8 "
Iron combined	4 "
Silex	4 "
Sulphate of magnesia	4 "
Muriate of soda	2 "
Carbonic of acid	

The following is the result of Prof. Rogers' chemical examinations:

"1st. Solid matter by evaporation from 100 cubic inches† of the water, after being *greatly* dried at 112°, 40.76. A portion of this combined water.

"2d. Quantity of each solid ingredient, estimated as perfectly free from water, in *one hundred cubic inches:*

Sulphate of lime	14.233
Sulphate of magnesia	3.107
Sulphate of soda	1.400
Carbonate of lime	1.166
Chloride of sodium	0.037
Chloride of magnesium	0.680
Chloride of calcium	0.010
Sesquioxide of iron	0.320
Organic matter in small quantities.	
Iodine, a mere trace.	

The iron is no doubt dissolved in the water as a carbonate.

"3d. Volume of each of the gases contained in a free state in 100 cubic inches of the water:

Carbonic acid	46.10 cubic inches.
Nitrogen	2.57 "
Oxygen	.20 "
Sulph. hydrogen, a trace too small to be measured.	

"4th. Composition of 100 cubic inches of the mixed gases, rising in bubbles in the Spring:

Nitrogen	62.5
Carbonic acid	37.5

"The temperature of the water, as it rises from its three different heads, is from 75° to 79° Fah. The temperature varies slightly at different times, but never, however, exceeds one or two degrees of variation."

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* Rowelle's estimate is of a quart. We give a gallon, preserving, of course, the proportions for convenient comparison with other waters.

† One hundred cubic inches is about three and a half pints.

Medicinal Quality of the Waters.

THE RANGE OF THEIR APPLICABILITY TO DISEASE.

In comparing this water with other mineral springs, we find that it most resembles the water of the Sweet Springs in the immediate neighborhood. The analyses of these two waters, by Professor Rogers, show that their composition is not greatly dissimilar, except in the important fact that the *Sweet Chalybeate* contains a larger amount of *iron*. While the Sweet contains of iron 0.061 grains in 100 cubic inces of water, this spring contains in the same amount of water 0.320 grains, or about four-fifths in excess.

Although the analyses alluded to show that these two waters differ somewhat in the relative amount of other ingredients besides iron, such difference is not considerable, and it would not be very inaccurate to say that the Sweet Chalybeate is the Sweet water with a strong *iron base.*

If we adopt the analysis of *Rowelle*, which represents the Sweet Chalybeate as containing eight grains of *carbonate of iron* and *four grains of iron combined* to the gallon, it is presented as among the strongest, if not the very strongest, chalybeate water of which we have any account, whose iron is combined in the form of a *carbonate.* Iron in the form of a sulphate is found in larger quantity in several springs of our country.

The famous *Powhon* Spring at Spa, in Belgium, that enjoys perhaps the largest reputation, as an iron tonic, of any spring in Europe, contains, agreeably to the analysis of the celebrated Bergmann and Dr. Jones, 5.24 grains of iron to the gallon. The *Pyrment* Spring, in Westphalia, little if any less distinguished as a chalybeate tonic than the Spa waters, contains, by the analysis of M. Westrum, about 8½ grains of the carbonate of iron to the gallon. In America, according to the analysis of Dr. Steele, we find the chalybeate waters of Saratoga and Ballston, embracing the celebrated *Congress Spring*, the *Sans Souci*, *Parks*, *Columbian*, *High Rock*, and *Washington* Springs, to contain from 5.39 to 6.50 grains of iron to the gallon. The analysis of *Anderson's Spring*, the strongest of the celebrated *Bedford Springs* in Pennsylvania, according to Dr. Church, contains five grains of carbonate of iron to the gallon. Thus it appears, by comparing the analyses of this water with the analyses of the strongest carbonated waters whose analyses are known, that the *Sweet Chalybeate* is among the strongest, if not the very strongest, carbonated waters known to the world.

Used both internally and as a bath, the Sweet Chalybeate is found to be adapted to the cure of a large class of cases. Viewed simply as an iron tonic, its applicabilities would be extensive and well defined; but its temperature and the various salts and gases that enter into its composition influence to an important extent its therapeutic range, and in some cases superadd to its tonic virtues other important sanitive virtues.

It is to be regretted that no effort has heretofore been made to collect and to preserve accurate and particular accounts of the curative agency of these waters and baths. The large patronage and preference which they now enjoy have gradually grown up from an actual experience of

their efficacy—without publication of their virtues, or any especial effort in any way to attract public attention to them. If records of cases that have been relieved and cured by their use, had been collected and preserved from their early opening as a place of invalid visitation, doubtless volumes of such cases might now be recorded.

The *drinking* of these waters and the use of the *baths* have been extensively employed in almost every variety of cases whose character did not contra-indicate the use of tonic remedies. In cases of pure *atony* or *feebleness*, unaccompanied by inflammation or irritation of any of the organs, they have been employed with great success. Persons exhausted by disease, and whose chief complaint is *debility*, are brought up speedily by these waters and baths. Tardiness of functional discharge and morbid sympathies between the organs are speedily relieved by them. They act promptly upon the absorbents and the general capillary system, and hence their hygienic power in restoring waning energies, and in bringing back an exhausted system to its normal condition.

In some diseases of the stomach and intestines—in *dyspeptic* and *hypochondriacal* derangements—in *subacute rheumatism* with weak excitement, and in *diabetic* and *gouty complaints*, they may be used with profit. In certain diseases of the *kidneys*, and especially in *gravelly* affections, experience has proved that they are sometimes used advantageously.

In the *sequelæ* of long-continued and exhausting discharges, whether of a sanguineous, serous or mucous character, and unattended by an inflammatory condition of the system, or active irritation of the organs, they may be used with excellent effect. This remark is applicable whether the discharge has been from the bowels, bladder or womb.

Cases of *chronic diarrhœa* have been cured by these waters, after other waters, more commonly recommended for that disease, have failed to bring relief.

In *dyspepsia*, particularly when connected with irregular pains in the stomach, and with want of tone in the bowels, they may be profitably employed.

In *gastralgia* or nervous dyspepsia, after the force of the disease has been modified by the use of medicines or alterative waters, they deserve great praise.

In *neuralgic affections* unattended with organic obstruction, and especially following a course of alterative treatment that may have relieved or restored the integrity of the secretory functions, these waters are used with great success, and rarely fail to ameliorate or cure such cases.

As a secondary remedy in cases of chronic *gastralgia*, or *mucous irritation of the stomach and bowels*, used after the force of the disease has been abated by proper alterative means, they deserve the highest confidence.

In *spermatorrhœa*, after organic complications, with which it is sometimes connected, have been relieved or modified by appropriate means, and independent of such means, if such complications do not exist, the Sweet Chalybeate constitute a remedy much to be relied upon.

In *fluor albus*, and for chronic discharges from the urethra, the waters are found very useful.

To *amenorrhœa*, and its usual attendant, *sterility*, these waters have been employed with very gratifying results. If they had no other claim to public favor than such as they derive from their efficacy in restoring the health and natural energies of the enfeebled uterine system, they still would successfully assert a high claim among the most valued remedies.*

Communications from Physicians and others on the Subject of the Waters.

Professor *J. L. Cabell*, of the University of Virginia, who has spent some summers at the Sweet Chalybeate, in a letter to the proprietor of the Springs, remarks that "for that distressing state of the system, which is often exhibited by men of studious and sedentary habits, and by those who undergo much toil in the daily discharge of a monotonous routine of work, a state which is manifested by a prostration of the vital energies, while yet the nerves are morbidly restless and excitable, I know no remedial agent of greater efficacy than the bath at the Red Sweet, taken by a plunge in the natural pool. Beyond all question, the relief experienced in such is largely due to auxiliary influences, such as rest, change of air and the scene, and the bracing effect of the climate; but these influences operating elsewhere do not, in my judgment, produce the same amount of benefit as when they are combined with the specific action of the mineral baths at your springs.

"The existence of a very appreciable amount of the salt of iron in the water of the Red Sweet Springs, entitles it to a high rank among the mineral chalybeate waters. In view of this feature of its composition, it would be but reasonable to assign to it a positive value in the treatment of diseases characterized by impoverishment of the blood and deficient tone of the solids, such as *anœmia*, *chlorosis*, *leucorrhœa*, *uterine* displacement with or without ulceration of the neck of the organ, *suspended* or *difficult menstruation*, *etc.*, *etc.* I have had opportunities of verifying the fact that the two-fold use of the water, as a beverage and by bathing, meet the indications presented by these cases far better than any other mineral water known to me, or than the preparations dispensed by the druggist."

Dr. *B. H. Allen*, who spent four years as Resident Physician at the Sweet Chalybeate, says: "I shall, in as few words as possible, endeavor to give you my opinion of the water, based upon observations made during the four years I spent on the spot as resident physician.

"The water in all of the springs is *tonic* and *alterative* in its effects upon the system, and therefore applicable, as a general rule, to diseases which require a tonic and alterative treatment, especially such as are benefited by the administration of *iron*. In cases, therefore, of persons who have been broken down by diseases which have left them feeble and emaciated, as in the frequently tedious convalescence from an attack of typhoid fever; or in those enervated by prolonged study, and its attendant, sedentary habit, as professional men often are; or in cases of the inhabitants of cities, who, by close application to business, are compelled to breathe the more or less impure and confined air of stores, counting-

* For a more full account of these Springs, the reader is referred to Dr. Moorman's late work on the "*Mineral Springs of North America.*"

rooms, etc., but who labor under no especial disease; or, again, in those who are weakened and relaxed by the climate of our more Southern States, or whose residences are situated in marshy and miasmatic districts—to such the water of your springs offers every reasonable prospect of relief.

"It would be an almost endless task to enumerate the many diseases, and the various phases in which those diseases occur in different individuals, in which the water, taken internally, and used in the form of bath, has been found to give relief, either partial or entire.

"I will specify some, which occur to me now, in which they are beneficial: In the numerous diseases to which *females* are liable, owing to sexual peculiarities, and which are exceedingly common, attended with loss of appetite, extreme pallor of the skin, feebleness, inability or disinclination to exercise, palpitation of the heart on the slightest exertion without any organic disease to produce it, depression of spirits, etc.; also in scanty monthly discharge, or total arrest of that function, *leucorrhœa*, *anœmia* or *poverty of blood*, *chloris*, etc.—in all, if unattended by active febrile excitement, good may be expected to result from the judicious use of the water.

"In children—who have had that scourge of our large towns during summer, I allude to *cholera infantum*—in whom it has become chronic, or, if recovered from, leaves the child in a condition bordering on inanition; in such cases a short stay at the Red Sweet Springs will work wonders.

"In obstinate cases of *intermittent fever*, when medicines seem to have lost their efficacy, or produce but little effect, the water, alone or in connection with a proper treatment, has acted beneficially at once, and in many instances eradicated it from the system.

"So, too, in cases of *jaundice* of long standing, in which there is an absence of all febrile symptoms, it very often has a very beneficial effect, although, if a person is *bilious* in the usual acceptation of the term, the use of the water would be contra-indicated until that state of the system was corrected.

"*Neuralgia*, a disease which is one of the most common, painful and frequently intractable, is often cured, or at least greatly benefited by the water and by the baths. So, too, *rheumatism* and *gout*, in their chronic forms, are frequently greatly mitigated; and this will be more marked, probably, in those which are attended with occasional discharges of small *calculi in the urine*, or in which there is a strong tendency to the formation of stone in the bladder. The water in all the springs, especially in the springs near the hotel, has a strong diuretic tendency, increasing in a marked degree the flow of urine, and consequently diminishing the irritating qualities of the secretion in its concentrated form, by dilution, and for the same reason increasing its solvent powers over its saline constituents, which would otherwise be deposited in the form of gravel either in the kidneys or bladder.

"In chronic *diarrhœas* and *dysenteries*, the good effects of the water are often visible very soon after commencing its use, giving tone to the digestive apparatus, and restraining the inordinate action of the bowels, thereby strengthening the system by diminishing the drain upon it, and thus enabling the constitution to throw off a disease which would sooner or later end fatally unless relieved.

"The list might be extended, but enough, I imagine, has been said to enable intelligent persons, or their physicians for them, to form a tolerably correct idea of its applicability in each particular case."

Dr. G. W. Lawrence, *Resident Physician at the Hot Springs, Arkansas*, after a visit to the Sweet Chalybeate, says in a letter to the proprietor:

"In medicinal virtues, the celebrated 'Cheltenham Waters' are not equal to your springs—the famous 'Seltzer Waters' are not more agreeable to the taste. But do not commit the error, so general, of making your mineral jets a *panacea!* Keep it as a remedy within the boundary of diseases. In general debility, dyspepsia, chronic diarrhœa, dysenteries, diabetes, rheumatisms, neuralgias, anæmia, œdema, slow and enfeebled convalescence, your waters are very desirable. In *female complaints*, where dyscrasia causes that cachetic condition that induces malignant diseases, and in local debility among the organs where the system *is drained by chronic discharges* and *periodic* distress, the *luxurious* bathing and superior *tonic* waters might truly avert severe disease. I like the use of thermal mineral baths, and kindly regard your artificial arrangement for *heating* the waters to an elevated temperature; it is a decided advantage to some enfeebled cases in treatment of disease.

"If physicians knew the value of your waters generally, their patients would often be directed to your care throughout the traveling season, and your waters would be constantly employed as medical draughts. I will, at any period, afford you the use of my humble name to extend the good work. Your spring must be known, your delightful *pool bath* of natural tonic mineral water, lively and buoyant with its sprightly gases, is a luxury to life and a pleasure to my memory. The *douche* and arrangement for the *shower baths* are also complete. For the comfort of visitors, I should add that the cleanliness of the bath department, the attentions of your servants, the care of the grounds, all display to the mind of the casual observer the enterprise of a master-mind, and that the management is under the control of an attentive host."

Neuralgia.

Dr. J. J. Moorman, *Physician* to the White Sulphur Springs, in a letter to the proprietor, says:

"In treating of the effects of the Sweet Chalybeate Waters in *Neuralgia*, in my volume upon the 'Virginia Springs,' I allude to my own relief of a painful affection of the kind by the use of those waters, and as you wish a more detailed account of the case, I yield with pleasure to your desire in giving it:

"In the spring of 1842, I was attacked with neuralgia of the sciatic nerve, extending through its entire course. At first the disorder was mild, rather threatening than severe; but in a few days it had so increased in severity that I was completely prostrated and unable to rise from my bed, and ultimately so distressing and unremitting as to bring me to the utmost condition of physical agony, with general prostration and great nervousness. The momentary, but partial respite that large doses of anodynes and other palliatives afforded from intense suffering

was barely sufficient to permit the smallest amount of sleep that the human system absolutely requires. Such was my condition, far more painful and distressing than language can describe, for near four months, during two of which I was unable to rise from my bed. Meanwhile, the most approved remedies for such cases were prescribed by my neighboring brethren of the profession who kindly offered their assistance, and by several eminent medical men at a distance, who were consulted, but without producing any appreciable benefit. Thus distressed, desponding, but still hoping against absolute despair, I was conveyed upon a bed in my carriage to the White Sulphur Springs. Under the diligent use of that water for three weeks my secretions, which, in the progress of the case had become vitiated, were corrected, and my general system so alterated as to induce me to make a trial of the waters of the *Sweet Chalybeate Springs*, which, from some previous knowledge, I had learned to appreciate as a valuable nervine tonic. I should remark, that while there was some softening or modification of the intensity of my sufferings while under the use of the White Sulphur, and a very decided improvement of my general health, the pain and inability of my neuralgic limb were essentially unrelieved.

"In this state of the case, I was conveyed to the *Sweet Chalybeate*, and commenced the use of the waters, by drinking and by bath. Language is as insufficient to describe the relief I obtained under these applications as it is to convey an adequate idea of the intensity of my sufferings before I resorted to them. Sufficient to say, that in *twelve days*, and after taking *twenty baths*, I was relieved—*cured* of all pain, of all disease, with nothing to obstruct the active pursuits of life but such debility as is incident to long and painful confinement. More than seventeen years have elapsed since this remarkable relief, and without any return of the disease of sufficient importance to give me an hour's uneasiness. I will just add, that the cure of my own case has induced me to send very many cases of neuralgic disease to your springs, and that, when the system has been previously properly prepared for their use, I have invariably had the most ample reasons to be satisfied with their effects.

"I deem it proper to remark that *neuralgia* in most, though not in every instance, is a *secondary* affection, depending upon some organic or other derangement of the system, and that in all such cases, a previous preparation of the system, by bringing it as far as possible into a normal condition, is essential to the success of these waters, as it is of all other tonic remedies for the cure of such cases."

Asthma Cured.

From Dr. John P. Mackenzie, *of Baltimore.*

Baltimore, December 22, 1859.

"My attention was not particularly directed to the effect of the Red Sweet Bath as a remedial agent till the summer of 1857.

"From my observations then, and subsequent experience, I have no hesitation in saying that, when properly used, it is an *invaluable tonic*, and of course a most important therapeutic agent in all cases in which

the cold bath is employed. The bath, too, is large and airy, and the water constantly renewed, which add materially to the bracing effects on the system. The diseases in which I have found it most useful are *nervous diseases*, properly so called, and persons of a relaxed and strumous habit, with no evidence of organic change. In a young lady from the Eastern Shore of Maryland, who was asthmatic, and suffered from frequent and repeated catarrh, the 'Red Sweet Bath,' used in the interval of her attacks, has completely restored her."

Dyspepsia Cured.

SAMUEL C. LUDDINGTON, ESQ., of *Frankfort*, writes:

"It gives me pleasure to furnish you with an account of the remarkable recovery of my wife under the use of the waters of the Red Sweet Springs. Under a kind Providence, she is indebted to those waters for her present health, and even, as we believe, for life itself.

"For five or six years, Mrs. Luddington had been a great sufferer from *dyspepsia*, in its most distressing form. Entire loss of appetite, with a complete intolerance of the stomach for all ordinary food for several years, had brought on great emaciation of body, with intense nervousness. Naturally active and energetic, she had become listless and inactive, with never-ceasing restlessness and unhappy forebodings of greater evils to come.

"In this condition she was conveyed to the Red Sweet Springs, and commenced to use the baths, and the water as a beverage. Such was her debility at this time, that she was utterly unable to walk to the bathing-house, or to enter the bath when there, without assistance. In three days it became obvious that she was improving, and on the fourth she was so improved as to be able to walk to the bath. In three weeks from the time she reached the springs, so wonderfully had she recovered, that she was able to walk, without inconvenience, over the high hill near the springs. Meanwhile the tone of her stomach had been restored, her nervousness ceased, her appetite became good, and she gradually increased in flesh and strength; in a word, to her own grateful astonishment and the astonishment of her friends, *she was cured.*

"This was in 1858, and time has shown that her relief was not evanescent, but permanent, for she continues in the enjoyment of good health."

Mucous Irritation of the Stomach and Bowels.

WILLIAM ALLSTON GOURDIN, ESQ., of *Charleston, S. C.*, in a letter to the proprietor of the Springs, says:

"I arrived at the Greenbrier White Sulphur Springs in August last in a most miserable state of ill health. I immediately consulted Dr. Moorman, resident physician of said Springs, who, after examination, reported that I was suffering from an engorgement of the liver with defective secretions, accompanied with irritation of the mucous coat of the stomach and bowels, attended with chronic diarrhœa, with physical prostration and general nervousness. I drank the White Sulphur water

and used the baths, for some twenty days, to great advantage, until the desired '*alterative effect*' had been brought about. I then, by the advice of Dr. Moorman, hastened to your 'Red Sweet Springs.' I was extremely weak and exhausted upon my arrival—began drinking the water and taking the cold bath, or 'douche,' twice a day. I found the water most palatable and acceptable to my stomach. And, in relation to the baths, they acted upon me like magic; each and every one made me feel better and better, and in the course of five days, however strange it may seem, I was walking eight to ten miles a day over hill and dale, feeling an elasticity in my step, vigor in all my frame, and a buoyancy of spirits, that rendered life an ecstatic pleasure.

"I ceased drinking the water and using the baths after the seventh day, thinking I no longer required this 'nervine tonic;' waited at the springs some two days, to see whether a desire for it would return. It did not; accordingly I made a trip into the country, but scarcely was I absent more than a day or two in traveling than I craved the waters and baths of the 'Red Sweet Springs,' and was unsatisfied and uncontented until I made my way to them again. Since my return I have continued the baths and water to my infinite satisfaction, and now feel physically like a new man."

JOSEPH B. CHANDLER, ESQ., of *Illinois*, writes as follows in reference to the case of Mucous Irritation of the Stomach and Bowels:

"I place at your disposal the subjoined statement of my case. For several years I labored under a wretched state of health, manifested by painful derangement of my stomach and liver, with great nervous mobility, and often such mental despondency as made life itself a burden.

"In August last I visited the White Sulphur Springs, having been led to do so from seeing Dr. Moorman's work on the Virginia Springs, and placed myself under Dr. Moorman's advice and professional care. The doctor regarded mine as a decided case of chronic irritation of the mucous coats of the stomach and bowels, attended with enlargement of the liver, affecting its secretions and giving rise to intestinal and thoracic neuralgia. I used the White Sulphur waters in connection with such mild medicinal means as were found necessary to insure its proper operations on the system, until it produced its special effects of correcting my secretions and alterating my system, which being accomplished, the doctor directed me to the use of the waters and bath of the Red Sweet Springs.

"These waters, as he predicted, have been in the highest degree beneficial in restoring the tone and energy of my system, and in removing the vagrant neuralgic affections from the regions of the bowels and chest, which doubtless were the morbid products of the derangements above alluded to.

"The course I have been led to pursue for the relief of my case: *first*, by generally alterating my system by the use of the White Sulphur waters; and *second*, to restore its tone and energy by the use of the waters of the *Red Sweet*, has been most happily adapted to the case, and its results are in the happiest degree favorable to the remedial value of these waters."

The Rev. T. V. Moore, D. D., in a communication to the *Central Presbyterian*, remarks in reference to the Sweet Chalybeate:

"We had intended to indite an editorial letter from this quiet and beautiful resort, but the time passed away so swiftly and pleasantly, and with so little incident to vary it, that we found nothing worth writing. The place itself is too well known to need any description. The whole valley is one of the loveliest in Virginia, aside from its improvements, and the Red Sweet water is probably the finest tonic, both externally and internally, in the United States. It has now conveniences for all kinds of bathing—hot, cold, shower and plunge baths—according to the taste of the bather. It has four or five different kinds of springs within a few hundred yards, and the chalybeate ones so saturated with iron as to be rolling it out in flakes continually.

"The acknowledged excellence of the water, and the great kindness of the proprietor, must insure for this place an increasing patronage, which both richly deserve."

To indicate the opinion of Visitors, as to the character of the SWEET CHALYBEATE, *we insert the following statement with which we have been favored:*

We, the undersigned, residents of Baltimore, having visited the SWEET CHALYBEATE SPRINGS, in *Alleghany county, Va.*, during the summer of 1869, take great pleasure in recommending it as possessing superior virtues for the invalid, and every comfort to the seeker of pleasure. The Baths here may be esteemed an unrivalled luxury. Their medicinal virtues and exhilarating properties should be experienced to be properly appreciated.

We know of no more desirable spot among the mountains to pass the summer months.

WM. C. WEST,
JAMES WHITEFORD,
O. DIFFENDERFFER,
EDW. MITCHELL,
P. J. ROCHE,
G. OBER and family,
MAHLON HOPKINS,
JOHN J. ROCHFORD,
JESSE T. HIGGINS,
A. M. HOFF,
W. D. BARRETT,
JAMES S. WEST,
ROBT. W. DRYDEN and family,
JAMES H. BROWN,
BEN. DARBY,
PHILIP DARBY and family,
MILES WHITE,
CHRISTOPHER WEST,
JOHNS HOPKINS,
ROBERT HOUGH,
CHARLES A. GEARY,
THOMAS F. WEALE,
JAMES McCURLEY,
H. CLAY DALLAM,
LLOYD W. WILLIAMS,
R. LOUIS WHITEFORD,
ROBERT OBER,
JOHN M. TRAVERS.

SWEET CHALYBEATE SPRINGS,

ALLEGHANY COUNTY, VA.,

NINE MILES FROM ALLEGHANY STATION, CHESAPEAKE & OHIO R. R.

I respectfully announce to the springs-going public that I have leased these celebrated Springs, and will open them for the reception of visitors on the

FIRST OF JUNE, 1875.

These SPRINGS have been long and favorably known for their valuable *Nervine, Tonic* and *Alterative* powers, both as a *beverage* and a *bath.*

Their situation is central in the great Springs region, being sixteen miles southeast of the Greenbrier White Sulphur Springs, and nine miles from Alleghany Station, Chesapeake and Ohio railroad, from which passengers are conveyed to the Springs in comfortable Stage Hacks, and all heavy baggage in four-horse baggage wagons.

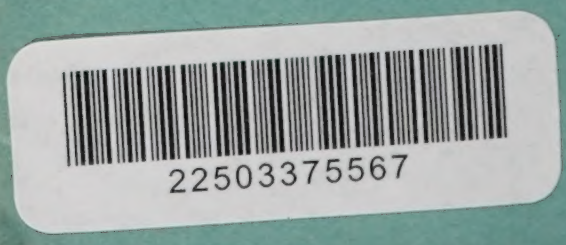
The place has been put in complete order, and will be kept in *first-class style.*

BOARD $3 per day, $17 50 per week, and $60 per month; children under ten years and colored servants half price. White servants according to accommodation.

TELEGRAPH and POST-OFFICE in the Hotel.

~~B. T. WILKINSON~~, Proprietor.

P. Westerhoff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